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ABSTRACT

This booklet describes the DO-IT Pals program, a University of Washington program designed to encourage high school students with disabilities to explore careers in science, engineering, mathematics, and technology and learn more about how to prepare to enter these fields of study and employment. The program provides students with information about college entrance requirements, application procedures, college survival skills, internships opportunities, resume and interviewing tips, and additional resources to help them through the transitions to college and employment. Students participate in the following activities: frequent electronic communication and personal contacts with mentors who support students' academic, career, and personal goals; use of the Internet to explores academic and career interests, make friends and motivate each other to achieve goals; and application their skills and knowledge to design and complete independent or team projects based on their interests. The role of the mentor is described, along with the technology needed to participate in the programs. (CR)

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DISABILITIES OPPORTUNITIES INTERNETWORKING TECHNOLOGY

DO-IT PALS

ED 445 434

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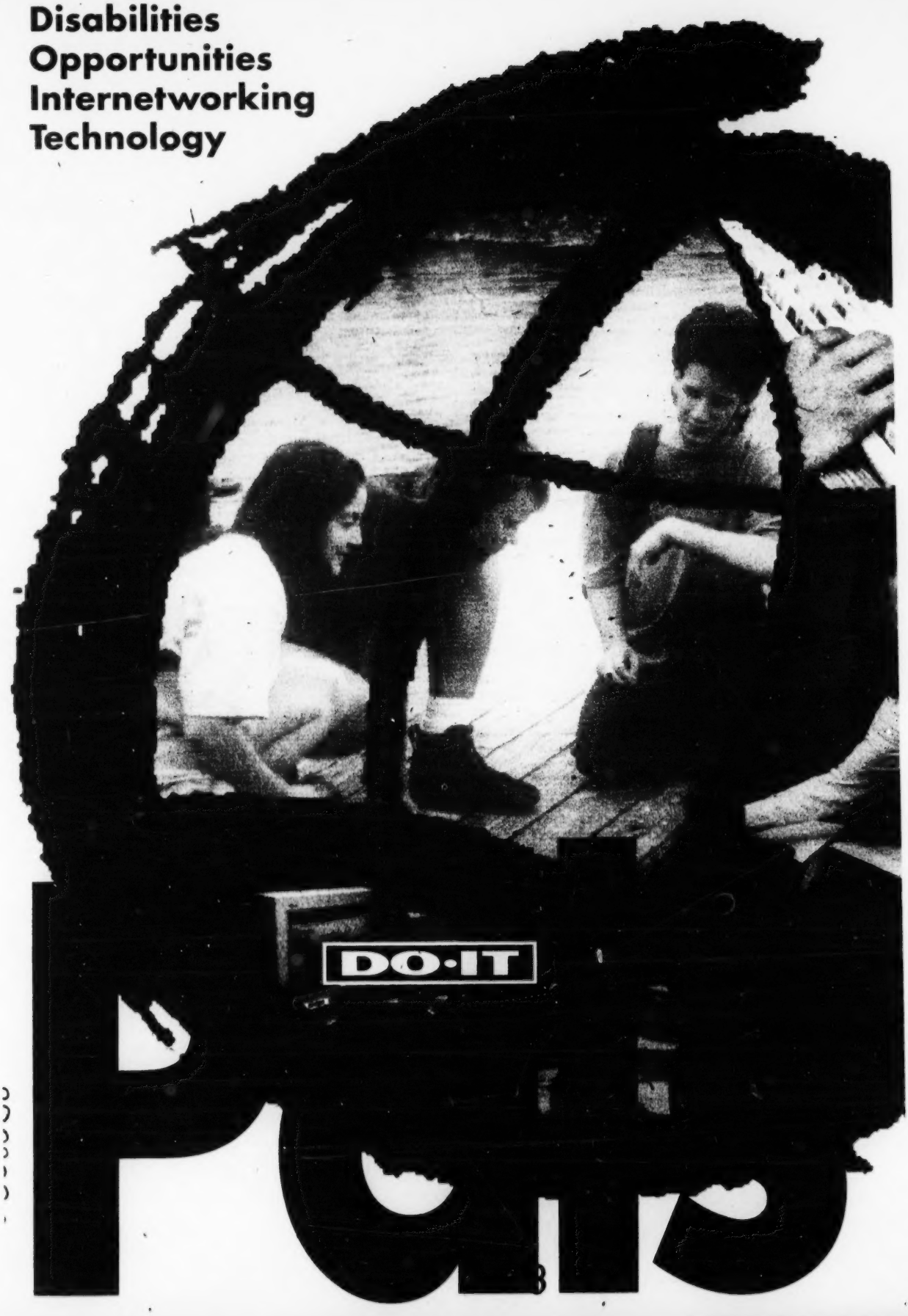
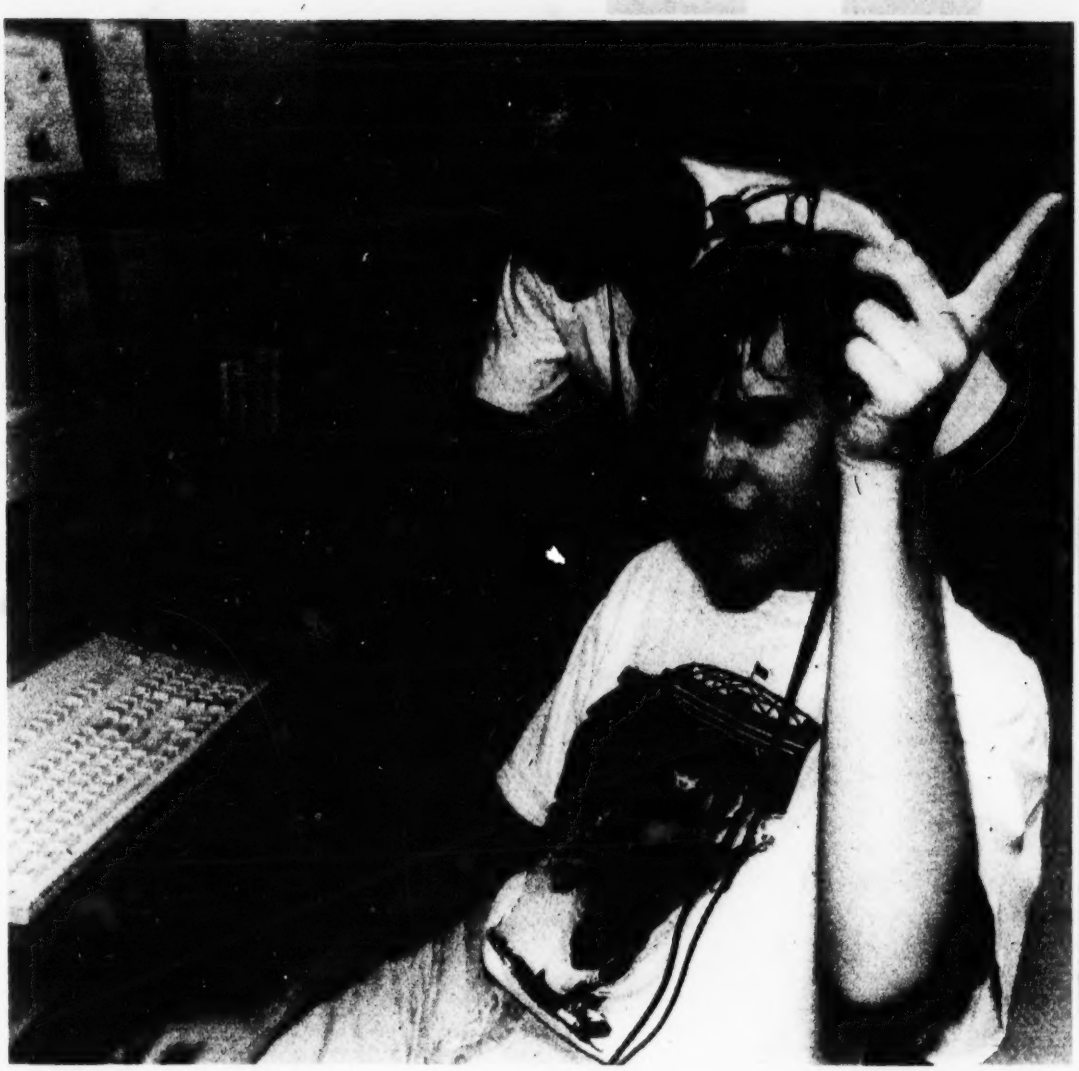


DO·IT

Who can be a DO-IT Pal?



DO-IT

Are you a high school student with a disability?

Are you interested in science, engineering, mathematics, or technology?

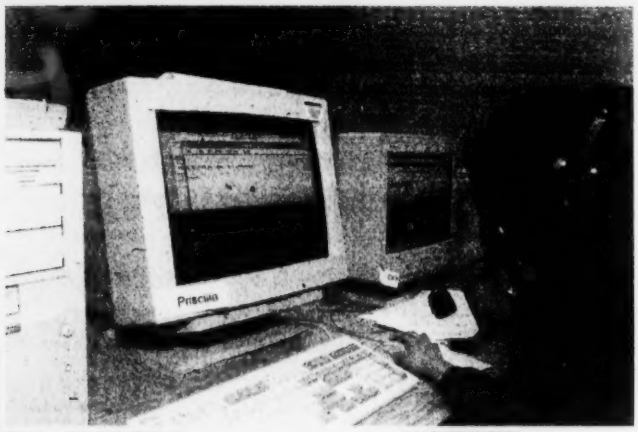
Do you want to go to college?

Would you like to meet other students with disabilities with similar goals?

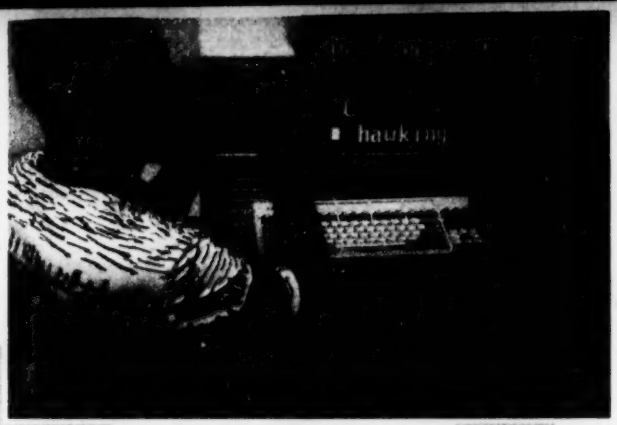
Would you like to get tips for success from college students and other adults with disabilities?

Can you get access to a computer and the Internet?

If you've answered yes to the questions above, YOU would make a great DO-IT Pal!



DO-IT Pals are high-school students with disabilities who want to explore careers in science, engineering, mathematics, and technology and learn more about how to prepare to enter these fields of study and employment.



DO-IT Pals are supported with information about college entrance requirements, application procedures, college survival skills, internship opportunities, resume and interviewing tips, and additional resources to help them through the transitions to college and employment.

What do DO-IT Pals do?

DO-IT Pals pursue their interests in science, engineering, mathematics, technology, college, and careers by using the Internet and other computing resources. DO-IT Pals participate in the following activities:

Mentoring

Frequent electronic communications and personal contacts with MENTORS who support DO-IT Pals' academic, career, and personal goals. Mentors are college students, faculty, and practicing engineers and scientists, many have disabilities themselves. Experienced DO-IT Pals develop and practice communication and leadership skills by acting as peer mentors for incoming DO-IT Pals.

-IT Pals do?

DO-IT Pals learn to use the INTERNET to explore academic and career interests, make friends, and motivate each other to achieve their goals using the Internet network.

Internetworking

DO-IT Pals apply their skills and knowledge to design and complete independent or team projects based on their interests. DO-IT Mentors and staff act as resources and provide assistance. Examples of possible projects include: complete a science, math, or technology PROJECT or paper for a school assignment using the Internet as a key resource; be a "mentor" to younger students with disabilities in your community—become their friend, encourage their science interests in school, show them how to use a computer to access information resources on the Internet; or give a presentation on a topic related to DO-IT Pals, science, technology, or disability.

Projects

Since DO-IT Pals come from all over the world, most DO-IT Pals activities take place on the Internet. To remain on the DO-IT team, DO-IT Pals must be "active." DO-IT Pals are considered active if, at the minimum, they do all of the following:

Log on to the Internet at least once per week.

Regularly **communicate** with DO-IT Pals and Mentors. Respond to every personal message sent by a DO-IT Pal, Mentor, or staff member; the response might be as simple as "Thanks for the information."

Send electronic mail messages to the entire doitpals, mentors, or doitsem group at least once every two weeks.

Send greetings to new DO-IT Pals, children at hospitals, participants in DO-IT camps, and other students with disabilities upon request.

Use Internet resources in classes at school (for example, use electronic resources to obtain information to use in class papers, projects, or discussions).

Design and complete an individual or group research or community service project, with approval from DO-IT staff.

Respond to all surveys distributed by DO-IT staff (An acceptable response is "I choose not to participate in this particular survey.") and requests for information distributed to the doitpals electronic distribution list.

Attend DO-IT events when possible.

What happens when DO-IT Pals graduate from high school?

A DO-IT Pal who graduates from high school can become a DO-IT Ambassador. A DO-IT Ambassador continues to participate in DO-IT by helping with program activities, participating in electronic communications, and mentoring younger DO-IT Pals.

What's a DO-IT Mentor?

DO-IT Mentors are valuable resources for DO-IT Pals. As guides, counselors, teachers, and friends, they inspire and facilitate academic, career, and personal achievements. Relationships developed with mentors become channels for the passage of information, advice, opportunities, challenges, and support with the ultimate goals of facilitating achievement and having fun.

DO-IT Mentors offer:

Role Modeling—DO-IT Mentors are highly successful individuals who have collectively accomplished many of the things that DO-IT Pals strive for.

Information—DO-IT Mentors share their knowledge, experiences, and wisdom.

Challenges—DO-IT Mentors stimulate curiosity and build confidence by presenting new ideas, opportunities, and challenges.

Goal Setting—Mentors help DO-IT Pals discover interests, define goals, and outline strategies for success.

Support—Mentors encourage achievement by offering support to DO-IT Pals who are growing in new areas.

Contacts—Mentors provide valuable opportunities by connecting DO-IT Pals with academic, career, and personal contacts.

To get to know DO-IT Mentors:

- Introduce yourself. Share your personal, academic, and career interests. Describe your future plans.

- Ask Mentors specific questions about science, engineering, mathematics, technology, disability-related issues, college or transition to adulthood. Ask Mentors about their personal interests; their background in science, mathematics, engineering, or technology; and career experiences.

What technology do DO-IT Pals need?

DO-IT does not provide funding for computers, adaptive technology, or Internet access for DO-IT Pals; however technical assistance for selecting equipment or an Internet service provider can be provided by DO-IT staff.

To become part of DO-IT Pals, you'll need to have access to the Internet, probably from home or school. You'll need an Internet account so you can receive and store electronic mail, find and keep Internet resources, and subscribe to your favorite mailing lists and newsgroups.

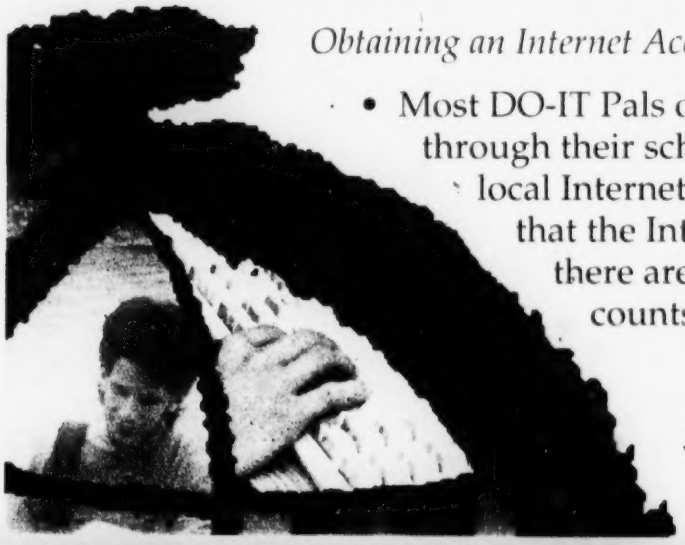
Here's what you'll need:

From home—

- Computer and adaptive technology needed to use the computer
- Standard telephone line
- Modem (14.4 baud or higher recommended)
- Telecommunications software program and/or
- Internet browser program
- Internet account

From school—

- Computer and adaptive technology needed to use the computer
- Direct network connection
- Internet browser software
- Internet account



Obtaining an Internet Account

- Most DO-IT Pals obtain an Internet account through their school or purchase one from a local Internet service provider. Now that the Internet is so popular, there are many places to obtain accounts, including:

- Your school or school district (start here, it may be free to you!);
- A local college or university;
- Local or state educational service agencies, districts or departments;
- A commercial network service that has a gateway to the Internet, such as America Online, Prodigy or Compuserve; and
- A local commercial or Internet service (look in the telephone book under "Computers," "Internet," or "Networking").

Before choosing a provider, find out the following things:

- What services it provides
  (DO-IT Pals want an Internet account with access to electronic mail and the full range of Internet resources and services, including Telnet, ftp, Gopher, and a World Wide Web browser.)
- What hours/times are available and what use limits apply
  (DO-IT Pals want 24-hour, unlimited access.)
- If they have a local service number
  (DO-IT Pals don't want to call long-distance to connect.)
- How busy they are
  (DO-IT Pals don't want frequent busy signals when connecting.)
- What kind of connections they offer
  (DO-IT Pals want a SLIP or PPP connection whenever one is available.)
- How long they have been in business
  (DO-IT Pals want a provider with a solid business record.)
- What it will cost
  (DO-IT Pals prefer a flat monthly rate rather than an hourly usage fee. Fees vary widely depending on what kind of provider is chosen, location, and local competition. Ask for an educational or student discount.)

How do DO-IT Pals access DO-IT's electronic resources?

To contact staff, request publications or ask questions about the program, send electronic mail to:

doit@u.washington.edu

DO-IT Pals are automatically members of an electronic discussion list, doitpals. To send a message to all DO-IT Pals or all Mentors, send electronic mail to one of the following addresses:

doitpals@u.washington.edu
mentors@u.washington.edu

To discuss issues pertaining to individuals with disabilities and their pursuit of science, engineering, and mathematics (sem) academic programs and careers, DO-IT Pals are automatically subscribed to the doitsem discussion list. To send a message to the group use the following address:

doitsem@u.washington.edu

For information resources related to DO-IT, disabilities, adaptive technology, science, engineering, mathematics, and post-secondary education, access the DO-IT World Wide Web page at

http://weber.u.washington.edu/~doit/

"Netiquette": Electronic Mail Guidelines for DO-IT Pals

- Be brief. Keep paragraphs short and use blank spaces between paragraphs.
- Avoid covering several topics in one message. Instead, send several messages so the receiver can respond to each topic separately.
- Use mixed upper and lower case letters. Avoid using control characters or special keys.
- Begin text with the real name of the person addressed and end the text of the message with the author's real name.
- Include all or parts of a mail message that is being replied to.
- Do not use words others might find offensive and avoid personal attacks or name-calling.
- Do not participate in conversations that would not be acceptable to parents and/or DO-IT staff.
- Do not engage in conversations that seem inappropriate. Immediately report offensive or troubling electronic mail messages received to the DO-IT Director or DO-IT Pals Coordinator.
- Remember that an electronic mail message is easy for recipients to forward to others and, therefore, is not appropriate for very personal messages—it's more like a post card than a sealed letter.
- Take advantage of the spell check feature.
- Review what's written BEFORE sending it.

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How do I apply to be a DO-IT Pal?

High school students with disabilities who are interested in science, engineering, mathematics, or technology; who want to go to college; and who currently have an Internet account are encouraged to apply to become DO-IT Pals. Applications can be obtained via the Internet by sending a message to:

doit@u.washington.edu

In the message text type:

doitpals.application.form

and send the message. An email application form will automatically be sent. Fill out and return the application via email according to the instructions on the application. Applicants are informed of their acceptance within two weeks of receipt of their application.

How can I contact DO-IT:

DO-IT
University of Washington
Box 354842
Seattle, WA 98195-4842
doit@u.washington.edu
http://weber.u.washington.edu/~doit
206-685-DOIT (voice/TTY)
888-972-DOIT (voice/TTY) Washington, outside Seattle
206-221-4171 (FAX)

509-328-9331 (voice/TTY) Spokane Office

Director: Sheryl Burgstahler, Ph.D.
DOIT Pals Coordinator: Kathy Cook

What is DO-IT?

The University of Washington is working to increase the representation of individuals with disabilities in science, engineering, mathematics, and technology academic programs and careers through project DO-IT (Disabilities, Opportunities, Internetworking, and Technology). Primary funding for the DO-IT program is provided by the National Science Foundation and the State of Washington. Additional grants have been received from NEC Foundation of America, the Seattle Foundation, the Telecommunications Funding Partnership, U.S. Department of Education (including the Fund for the Improvement of Postsecondary Education), US WEST Communications, Visio Corporation, The Washington State Office of Superintendent of Public Instruction, and an NSF Award for Mentoring. The University of Washington also contributes substantial resources to this project.

Additional partners include:

3Com; Advanced Networking Services; Albertson College of Idaho; Apple; Battelle Pacific NW Laboratory; Blackfoot Communications; Boeing; Boxlight; California State University- Sacramento; Camp Courage; Clark College; Communications Technology Center; Compaq Computer; ComputerGear Inc.; DTP Microsystems; Digital Vision, Inc.; Ephrata School District; Evergreen State College; Fessender Booster Club, North Dakota; Ford Foundation; Gallaudet University; Gonzaga University; Grand Coulee Dam School District; Honda; Hooker Northwest; Idaho State University; Institute for Science, Engineering & Public Policy; Intel; Kiwanis; Lawrence Livermore Supercomputer Center; Lehman College; Microsoft; Nintendo; Northwest Net; Oregon State University; PTI Communications; Pacific Science Center; Penn State University; Portland State University; SENDIT; Skagit Valley Community College; SKIFORALL; Southern Oregon State College; Sun Microsystems; Sundog; University Bookstore; University of Puget Sound; Washington Access Services; Washington Assistive Technology Alliance; Washington Library Network; Washington North Central Educational Service District; Washington School Information Processing Cooperative's WEdNet; Washington Services for the Blind; Washington State University; and Willamette University.

DO·IT

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